

1972



# Bernal Journal

souvenir edition

Published by  
The Bernal Heights Association



First outdoor Mass celebrated at a Bernal Heights Fair.

Fair  
Oct 8  
10AM  
5 PM

Come to the Fair! The ninth annual Bernal Heights Fair will be held Sunday, October 8th, from 10 AM to 5 PM. The Bernal Heights Association, sponsors of the Fair, have planned a FAMILY FAIR this year, a fair especially nice for children—of all ages!!!!!! Between 1 PM and 3 PM there will be games for kids—even the old

gunny sack race will be run . . . Prizes and fun for all!

Of course there will be wonderful, delicious international dishes made by the people of Bernal Heights; artisans delighting our fancies with their wares—and strolling musicians to titillate our ears. COME, let's get it together at the Bernal Heights Fair!

# mini conference REPORT

Last December 4th, representative of some 16 of our neighborhood organizations and agencies came together at the "First Bernal Heights Community Mini-Conference." Our purpose: to get to know each other; to talk about our own programs; and to see which neighborhood problems and needs were common to all of us. Conveners of the all-day conference at Paul Revere School were the Bernal Heights Association and the Cortland Progressives Great Nation.

Who were the groups? What did we say about ourselves? What did we feel it was important to talk about while we were together? The following report has been compiled from notes taken at the conference, and from material submitted in answer to a questionnaire passed out at the Mini-Conference.

## WHO ARE WE?

(Listed below are the groups which had representatives present. If you belong to a neighborhood group which was *not* at the Mini-Conference, please let us know—so we can be sure your group is invited to the Second Mini-Conference later this year.)

### Bernal Library

In addition to its usual job of making printed information (books, magazines, etc.) available to the community, the library has served as meeting ground for many different groups in the neighborhood who have no meeting rooms of their own; and it has become a kind of informal information and communications center.

### Bernal Heights Association (BHA)

Formed in 1956 over the issue of redevelopment on the Hill, the BHA is open to all Bernal Heights residents. It sponsors the annual neighborhood fair and organizes the Bernal Journal. Heretofore, BHA has been most interested in physical improvement (for example, acting as watchdog over the planning program for the area; sponsoring tree planting activities). There is increasing interest in social planning and in working for social services and programs for the Hill.

### Bernal Heights Ladies Club

This group meets every Tuesday underneath the Library from 10:30 A.M. to 2:00 P.M. Members range in age from young married to older women, and the children of members are welcome. A variety of activities is offered, centering on crafts, companionship, and conversation: birthday celebrations, Christmas and Thanksgiving baskets, clothing for needy families, mother/daughter days, and so on.

### Brothers and Sisters United for Justice

This is a Black youth group interested in developing more activities for youth in Bernal Heights and in expanding opportunities for young people.

### Mission Neighborhood Health Center

The Center is located in the Mission, but also provides health services for qualified Bernal Heights

residents. Present was a Board member who lives in Bernal Heights.

### Paul Revere School

The school principal was present, and pointed out that more community interest is needed on behalf of its 980 students. Also helpful would be a tree planting program to replace the trees and flowers that get torn up. There is need for smaller classes. A counselor is available to parents two nights a week, from 6:30 to 9:30 P.M. The school received a \$60,000 planning grant to improve the school library, and has \$90,000 a year for two years to continue library improvement. Space for community meetings are available in the new Annex; classrooms are not generally available for public meetings.

### Cortland Progressives Great Nation

This Black youth group was organized in 1967. There are three segments, based on age: the older group—18 to 100 (!); the young Progressives—15 to 18 years; and the junior Progressives—8 to 14 years. There is a Sisters' group for each, which backs up the Progressives in their projects. Their concerns include expanding activities for youth, particularly in the area of jobs and education; building a better community for all; and learning how to have input and effect on plans being made for Bernal Heights.

### EOC (Economic Opportunity Council, Mission District)

This is part of the official anti-poverty program in San Francisco.

### FACE Advisory Committee

### Filipino-Catholic Association

This is one of 22 groups in San Francisco, which are also linked to state and national Filipino organizations. Goal is community development. The representative at the conference commented that two primary problems in Bernal Heights are better communication and the complete lack of improvements for the area.

### Friends of the Progressives

This is a group of interested adults in Bernal Heights who offer technical assistance, advice and aid in any way they can to the Cortland Progressives to help them achieve their goals for youth in the neighborhood.

### Holly Courts Tenants Association

This is a group of Holly Court residents concerned about better conditions at Holly Courts, program for youth, etc., both at Holly Courts and in the adjacent Holly Park area.

### Paul Revere School PTA

Members meet on the second Thursday of each month; Board meetings are held on the first Wednesday. The PTA is trying to get programs started for slow learners and special children. They are also trying to obtain equipment for the school and for the Safety Patrol.

(It took ten years to get a crossing guard at Cortland and Folsom!) They wanted to have a nursery school, but efforts were unsuccessful.

Adult Recreation—a community house, well-maintained parks and facilities.

Social Services—legal services for the poor, the uneducated or whatever, financial aid; consumer education relating to interest rate, charges, credit, etc.

Merchants—need for communication with; Hill needs a good comfortable family restaurant, hardware store, movie theater.

### Housing

### Education

### Senior Citizens

## Suggested areas for action

Set up a council of some sort or a coalition between youth groups to act together for common interests. How?

Set up task forces centered on specific interests or problem areas such as those mentioned above.

Dissemination of information via newsletter; parent mailings via the school children; notices to *Progress*; information center or neighborhood office; Sunday bulletins at St. Kevin's; BHA newsletter; EOC will prepare flyers; prepare a list of specific organizations with names and phone numbers, updated from year to year.

We need a neighborhood worker. Mayor's office has a community resource office. Foundations, UBAC (concentrated neighborhood service). Get city to purchase a Cortland storefront for a center. Use the media. How do we apply pressure, use clout?



## WHERE DO WE GO FROM HERE?

We know that some things have already happened, as a result of the Mini-Conference, and BHA can report on two:

A mimeograph machine has been donated to the Bernal Heights Association, for use by any neighborhood group which has a meeting notice to run off, a flyer to distribute, a newsletter to run off. Since we have no central office, it will have to be made available through individual arrangements. Call a BHA officer if your group is interested.

The Bernal Heights Association took on the work and dollar cost of establishing the Bernal Heights Fund, to make it easier for neighborhood groups to get money and resources for their programs without having to battle the legal rigmarole and the long, expensive process of getting Internal Revenue Service rulings of tax exemption and tax deductibility. See the separate story on the Fund. Maybe it can help your group.

What else has happened since the Mini-Conference? What else would you like to see happen—and what are you willing to do about it? Please be sure to visit the Bernal Heights Association booth at the Fair to tell us about it, and to give us your ideas on what and who should be included in the Second Mini-Conference.

## \* Bernal Leaders Push For Second FACE \*

### SECOND FACE PROJECT NEAR?

With the first FACE area almost over, your neighborhood association has been pursuing starting another. We don't want to lose this valuable program to other neighborhoods!

BHA was shocked to learn that operations would probably shut down next spring and move to the Haight and/or Richmond. A delegation of Bernal Heights leaders met with Allan Jacobs, Director of City Planning, Alfred Goldberg, Superintendent of Building Inspection and Bernard Cummings, Chief of FACE on June 20th. We argued convincingly that Bernal Heights was ideal for the program, and that the City had committed itself to gradually extending FACE over the whole neighborhood in the Neighborhood Improvement Program approved by the Planning Commission and Board of Supervisors in 1968.

Mr. Jacobs agreed to take the first steps toward initiating a second program area in Bernal Heights. His staff will select a tentative area and arrange a community meeting to give residents a chance to express their approval or disapproval. If the area is receptive to FACE, the planning staff will commence the paper work of applying for funds.

Mr. Jacobs cautioned us that he wouldn't go back on his promises to give FACE to other areas, and said that we would probably have to campaign vigorously in City Hall to secure the program.

The BHA was asked by the Planning Staff where we thought most appropriate for a second area. Our recommendation approved at the Association's September meeting adjoins the first area, and is the "heart" of Bernal Heights. It runs from Ellsworth St. (including both sides) to the 1st project (Bocana St.) north of Cortland, and between Cortland and Crescent it includes both sides of Ellsworth, Anderson,



### Jacobs cautions leaders "getting 2nd FACE area won't be easy!"

Moultrie and Andover Streets. This is an area of older housing, much of it in poor condition. Future projects can branch in any direction, toward the newer housing on the east and south, or the more fortunate area around Holly Park.

Initial reaction at City Planning is favorable to the selection. Other factors like neighborhood reaction and the availability of money may alter the final choice.

## VICTORIES



3

Victory, Victory. How sweet is every victory the people of this hill have! This one was engineered by a new group—"The Friends of Jose Bernal"—taking up an old cause. And now would you believe?

### TOP OF BERNAL HILL IS BECOMING PARK/RECREATION LAND!!!!!!

On Thursday, August 10, the Recreation and Park Department voted unanimously to start action to get title of the top of Bernal Heights, now under the jurisdiction of Dept. of Public Works.

The compromise that got action was: (1) Only land above BH Blvd. becomes Rec/Park land; (2) Land outside, below the Blvd. remains with DPW; (3) we understand that Rec/Park funds are low—the hill will be a low maintenance area.

The time was certainly ripe for this cause and the Community organization effort that resulted in this success was a good example of how to make community efforts work!

The "Friends of Jose Bernal," people concerned that the City's commitment to the Top of the Hill as Open Space was not firm until the land was actually in the hands of Park/Rec, built support through meetings, leafletting of the neighborhood, and petitions in

stores in the area. The response to this effort, long dear to Hill residents, was overwhelmingly positive!

The climax of the Friends' effort was a meeting with Joseph Caverly, Director of Park/Recreation, where they presented their proposal. Some 24 residents of BH ranging in age from 5 months to 65 years, faced the usual excuses for non-transfer—no money, no maintenance. That was when they worked out the compromise.

With the backing of the Mission Coalition and the Bernal Heights Association, residents later pled their cause before the Park and Recreation Commission. Over fifty people from Bernal Heights turned out for the August 10th hearing, in an incredible display of community solidarity. Not one dissenting voice! (Although there was much debate by the Commission.) Park/Rec did request the transfer.

The Community organization effort success was the result of the reinforcement of staff and resources to a cause that has dated back more than ten years. There has also been some growth on the official side—as Tom Malloy of Park/Rec said the day of the meeting: "We could no longer refuse title, even with a tight budget!! Open space has become too important!!

## BH Fund Incorporated To Assist Local Groups

A hill with a lot of needs  
+ People with a lot of energy  
= Groups forming to solve problems!

What happens then? If they decide they want to figure out a program and go for a foundation

grant, the group must look for a sponsor—a group which has the correct tax-exempt, non-profit status to be able to receive money from a foundation.

Which organizations can receive money? And which of them have purposes which are harmonious with the proposed project? Is there one who will accept a grant for a BH group purpose, and not try to interfere in decisions about program, employees, priorities or timing? Is there a chance the sponsor will try to divert some of the funds to a purpose of its own?

Worries about such questions have often compounded the already difficult problems of a BH group trying to get a proposal off the ground. In some cases they have even been the biggest deterrent for a group trying to get grant money!

### Now, a BH Fund

The BERNAL HEIGHTS FUND has been incorporated to fill the needs of BH groups for a convenient, sympathetic, accessible fiscal agent. The fees needed to incorporate the Fund were con-

tributed by the BERNAL HEIGHTS ASSOCIATION in part as a response to the meeting of neighborhood groups, last December.

Members of the FUND will be nine trustees who both represent the age range and cultural diversity of the Hill and who have the interest and skills needed to perform the "fiscal agent" responsibility. Nominations are being accepted until December 1st for members of the FUND. If you or your group knows someone whom you think would be a good member nominate! Send the person's name and a small paragraph of why you think he or she would be an asset to the FUND to:

THE BERNAL HEIGHTS FUND  
Coordinating Committee,  
Nominations  
500 Cortland Ave.  
San Francisco 94110

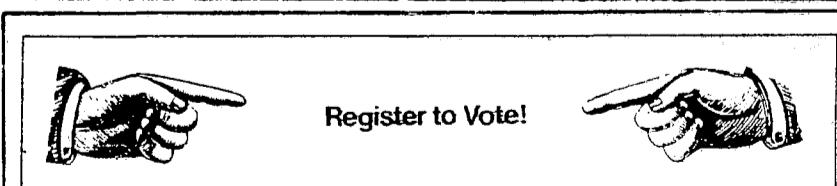
A hill with a lot of needs +

## Bernal Journal

Bernal Heights Association

The Bernal Journal is published yearly in conjunction with the Bernal Heights Fair. Local merchants who have purchased ads make its creation possible.

Editor ..... Genette Sonnesyn  
Editorial Assistants ..... Dan Glassoff  
Contributing Editors ..... Sandy Glassoff  
Ward Stothers  
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Richard Hall  
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Mark Green  
Ms. Lewis  
Ms. Roya  
Marcia Behm  
Sandy Kricker  
Peter Kricker  
Jimmy Kricker  
Mimi Muller  
Ruth Prael  
Carol Wiley  
Special Assistants .....



# EOC

The Economic Opportunity Council has re-opened an office in Bernal Heights! Once again the services of EOC are conveniently available to Bernal Heights residents—Now at 513 Cortland Ave.; Telephone: 285-8915; Office Hours from 8:15 AM to 5:00 PM, Monday through Friday.

For those of you who called to ask, "What happened to you, and where have you been?" We appreciate you! And for everyone else, We are looking forward to helping you!!! **Call 285-8915**

The Economic Opportunity Council (EOC) staff has been in extensive training from February to April 1972, 8 hours a day five days a week. The results of that training is the birth of five (5) NEW THRUST PROGRAMS, with trained staff specialized in each program. The New Thrust Programs are:

1. Neighborhood Service System centers located in the neighborhoods of San Francisco. (Our office is such a center.)
2. Housing Services
3. Consumer Action and Financial Counseling
4. Adult Education
5. Economic Development

In our office we have staff trained to work in all the programs except Economic Development: this component has its own office and helps supply technical assistance to small businesses in the City to acquire loans. For information: Call 771-7100.

In addition to the above "New Thrust Programs," we have also established a supplement food program here. The program is for parents who have children from birth to 5 years of age and also pregnant mothers. The supplement food is free for those families who are on Welfare, Social Security, or meet the EOC poverty guidelines.



## Progressives Open Office!

We the Cortland Progressiveness are operating a communications center at 434 Cortland Ave. Through our efforts we will become a base of communications for the community. We will be disseminating information relating to Educational opportunities, health services, drug abuse problems, family/youth counseling and other supportive services as needed in the community.

If you have any questions regarding our operations, please feel free to attend our "Open House" October the 13th, at 9:00 a.m.

And while you're at it, why not inform everyone you know that "we are" setting up things to make this a model neighborhood by forming organizations like:

- (1) The Merchants Associations
- (2) The Friends of the Progressives
- (3) Mothers Group of Progressives
- (4) Fathers of The Progressives.

Anyone wishing to join the Merchant's Association or desiring to contribute volunteer time and/or money to The Cortland Progressives can simply stop by the center, or

call 647-0258. Our number is a virtual hot line from nine in the morning to five in the afternoon.

Just ask for Mrs. Lewis, Mrs. Roya or Mr. Perry. They can give you information and in turn you could give us information on how you feel we could obtain additional resources or ideas to aid us in building a better community.

PEACE/POWER...RIGHT ON

Keith G. Perry  
Chief of Progressives.

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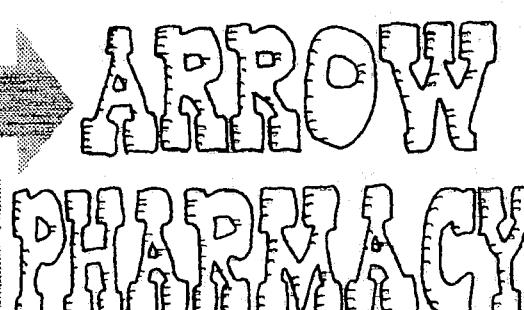
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## Libraries Will Host Progressives Exhibit

A two month exhibit on the Cortland Progressives will be held at two branch libraries.

Titled, "The Cortland Progressives Great Nation, Inc., Friends of, and Y.O.U.—Brothers and Sisters of Bernal Heights, the three year study of the youth group by Mark Green will be exhibited at the Western Addition Branch, Scott and Geary St., October 14—November 3; and at the Bernal Branch on Cortland

Avenue, November 4—December. There will be a reception at the Western Addition, and Bernal Branches.

Mark Green will also be represented in a Critic's Choice Invitational Show put together by Tom Albright, former Bernal Heights resident, and art critic, San Francisco Chronicle.

The show will be held at Focus Gallery October 7—November 4, 2146 Union St., San Francisco.

## YOU Moves To Cortland

The National Organization (Youth Organizations United), recently moved their western regional office to Bernal Heights. It was their intent to bring Y.O.U. closer to the community from its old location at 9 First St., downtown San Francisco. Y.O.U.'s new location is 436 Cortland Ave., next door to the Cortland Progressives Great Nation Inc.

The Progressives, an affiliated voting member of Y.O.U., is acting as a communications center for the Western Region. Its job in the west is to give expertise to youth organizations through a resource inventory system.

The institute of change is Y.O.U.'s attempt to train youth of various organizations throughout the west, in skills which will enable the participants to return to their respective groups and thereby be more effective in fields pertaining to youth organizing and youth projects.

Now that Y.O.U. is closer to the community, it can be more effective in the task of community and organizational aid.

MAY PEACE & POWER PREVAIL

*Western Regional Staff  
Youth Organizations United*



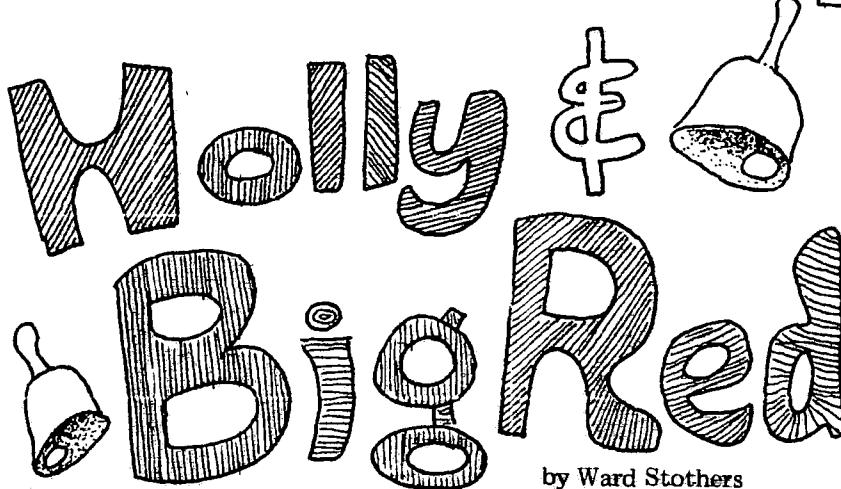
For information and assistance about Y.O.U., simply contact Arthur Hopkins, Western Regional Vice-President, or David C. Wallace, Western Regional Director, at 285-8013.

Even better, just drop by the Cortland address.

## BERNAL PLAYGROUND FALL SCHEDULE

San Francisco Park and Recreation Department

MONDAY	TIME	THURSDAY	
Arts & Crafts	4-5	Senior Citizens	10:00-2:30
Free Play (Sub. Dinection)	3-6	Boys Club Age 10-12	4:00-5:00
Free Play (Sub. Dinection)	7-9:30	Free Play (Sub. Dinection)	7:00-9:30
TUESDAY		FRIDAY	
Tiny Tots and Mother Club	10-12	Story-Telling & Story-Play	4:00-5:00
Mrs. E. Hall		Table Games and Boxing	4:30-5:30
80' & 90' Football Practice (Touch Football)	3:45-5:00	Hunch Basketball (Free Play)	7:00-9:30
Hunch Basketball (Free Play)	7:00-9:30		
WEDNESDAY		SATURDAY:	
Arts & Crafts	4:00-5:00	League Play of Seasonal Sport (Football, Basketball, etc.)	
100' & 120 Football Practice (Touch Football)	3:45-5:00	Free Play	
Hunch Basketball (Free Play)	7:00-9:30		



by Ward Stothers

The loud, haranguing clang heard now and again, anytime night or day, from that happy place Holly Park, can assuredly be identified as the park's newly acquired and much appreciated piece of climbing equipment, the *Fire Engine* (including bell, ladders and slide.)

The fire fighting behemoth, the only recreational piece of its kind in the city, made Bernal Heights history when the ground was broken for its long awaited installation last January 10th. The story of how the fire engine came to us goes back almost two years ago when Mirni Mueller, an inspirational cornerstone in the progress of Bernal Heights, took note of something mentioned in the Recreation Department register. At a future department meeting one of the items on the agenda for discussion was the proposed transfer of \$2900 of Holly Park money, originally allocated as part of a past bond issue, to the Lincoln Park budget for the purpose of capital improvements. (watering the grass?).

Mustering moral support by the accompaniment of three other Bernal Heights Association members, these geographic ancestors of Jose Cornelio Bernal stormed Golden Gate Park (the fortress of the Park and Recreation establishment), and with a colorful combination of verbosity, truth and a stirring appeal for justice, the original allocation was reseened for Holly Park.

The next barrier was leveled by Jerry Schimmel of the old ex-Precita Center when he organized the Holly Park Recreation Committee in March of 1971 to decide how the money was to be spent. In the next few months the committee represented by members of the Holly Court Residents Association, Police Athletic League, Bernal Heights Association and Precita Center did extensive research on the use of the Park, what was needed and what could be

done to improve the facility. The resulting recommendation was that the money should be spent for climbing apparatus and general sports equipment. In July, however, another facet was exposed when Parks & Recreation suggested that the committee might consider the acquisition of an obsolete fire engine (a baby sitter's park delight) with the installation costs possibly consuming all of the budget expenditure.

At an August 18th meeting of the Holly Park Committee and members of the Park & Recreation Department decisions were finally made on the money. The question of the acquisition of general sports equipment like balls, nets and bats was eliminated from consideration since the bond issue stated that the money be allocated for capital expenditures and not expendable equipment.

The fire engine consideration was expanded with Walk Kocian of Public Works producing design drawings for its use as a play structure including two slides, two climbing ladders and one loud bell.

The proposal became more imminent, however, when Tom Malloy and Carl Poch of Park and Recreation assured us that even if the installation of the fire engine absorbed the total Holly Park expenditure, their department would still install two other proposed items: a merry-go-round, positioned in the area presently occupied by swings (which would be relocated) and a multi-use apparatus called a "Challenger" would be obtained for the utilization of older youth. The merry-go-round is a reality, but the older kids are still awaiting the Challenger.

The fire engine was born on the cold, foggy morn of January 10, 1972. Time does not wound all heals. The holes have all been dug and the kids continue to climb and clang-clang the bell and laugh and slide, and this battle is won—another bastion of Bernal perseverance.

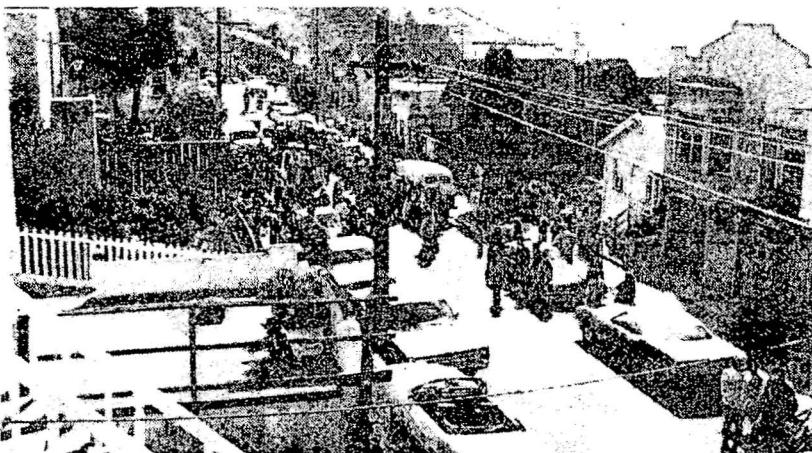
*a little watch-dogging goes a long way !!  
Can you attend(a) public meeting(s), and/or speak out for the neighborhood? Make a telephone?*

*Call 285-7233*

### ANOTHER ONSLOUGHT ON PRECIOUS TOP OF HILL LAND DEFEATED!

A real estate developer recently asked the Planning Commission to declare a certain piece of public land off BH Blvd. "surplus." Bernal Heights Association had written a position letter against it and two members were there to speak for this position. (The Planning Dept. staff report concurred with it by the way). Anyway the Planning Commission denied the request.

# Mullen Ave. Block Party



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Photographs by Richard Hall

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# Nanny Goat Hill Martin L. Buber Pie

## Gallery Open

Nanny Goat Hill art gallery at Martin L. Buber Pie and Awning Company, Folsom and Precita Streets is now open and may feature Bernal Heights artists and serve as an information center for the neighborhood.

The first show now in progress until October 8 is The Voyeur as Exhibitionist: A Photographic Statement by Mark Green on the Approach of his Fortieth Birthday.

Starting October 20th through November 4, Richard Hall will exhibit photographs of the Cort-

land Progressives and Mullen street youth.

The hours the gallery will be open are 7 to 9:30 p.m., Wednesday, Thursdays, and Friday nights, and 1 to 5 p.m. Saturday and Sunday. For more information contact Mark Green, 824-1576.

Mark Green, gallery founder, hopes to bring back the excitement of North Beach galleries of the 50's and to make it an alternative for younger artists and those who don't normally get a chance to exhibit in establishment galleries.

## Coop Preschool Opening

Attention mothers and fathers who live in Bernal Heights!! There is a new cooperative pre-school opening in October at the Precita Center located at 534 Precita Ave. Anyone interested should call Joan at 661-2704 or Helen at 468-0321.

The school was started by some parents who were taking their children to the parent observation class held at the Bernal Heights library. They got together themselves because the city and state will not provide anywhere near the number of daycare centers that is desperately needed by parents in San Francisco. With community support and parent participation, the group hopes that parents will learn better how to serve their own needs and to have some control of their children's education.

There is a certified teacher at the school and parents will be required to assist. Class time is from 9:30 a.m. to 12:30 p.m. Children age 3 years to 5½ are eligible for enrollment for either 3 or 5 mornings a week. Each morning there will be up to 24 children who will be engaged in planned activities and free play in the gym and back yard of the center.

People in the school would like to ask everybody in the area for any of these things: old toys and children's books, unused lumber, used unbreakable containers, fabric and yarn scraps, old clothing for dress-up, cardboard or wooden boxes, children's furniture and shelves, empty paper towel rolls or old greeting cards. Donations are tax deductible and center parents will be glad to pick up any contribution. Call 826-3791.

## Residents Meet To Discuss Precita Park Problems

During the last year, several brothers from the Precita Park area died from drug overdoses. Some of their friends, along with people in Mission Coalition Organization, decided to try to get the neighborhood together to deal with drug problems, as well as improve general maintenance in the park. Precita Park has long been poorly maintained with large amounts of glass in play areas, broken benches, dried up lawns and no lighting at night.

Interested people met for many weeks every Thursday night at St. Anthony's church to discuss approaches to the several kinds of problems that surround Precita Park. In part the drug abuse problem was seen as a lack of things to do: jobs and more activities were discussed as partial solutions. St. Anthony's Church was opened to the community as a part of this effort; and attempts were made to expand the services of the Precita Center.

Health treatment approaches to the drug problem were only minimally explored; and the city does not see itself as responsible—there are a mere 11 beds reserved for a detoxification program at SF General Hospital.

With respect to the Park, a list of demands were compiled, including such things as toilets, keeping the dogs off the park, cleaning the glass up, more watering, more planting, safer play equipment, jobs for youth, a Director for the park (to do program, etc.). Leaflets and petitions were distributed and a rally was held. There was also a very successful park cleanup—residents got together and picked up litter and glass.

After a meeting with Joseph Caverly, Park/Ree Director, maintenance and repairs were improved—but the big items were not done. Park authorities claim that they do not have enough funds to even furnish our park with safe equipment and lighting. Yet the claim seems absurd when the improvements and maintenance of our park is contrasted with the parks of more fortunate areas like the Marina or Pacific Heights.

We must continue to get together and try to change the living conditions in our neighborhoods which encourage the abuse of our little bit of open space—and far worse the human problem of self-destruction from drug abuse.

## Eagleton Controversy Highlights Need For Mental Health Services

By Sally Green

7  
Senator Eagleton's "health history" reminds us all that any of us may need help at some time in our lives to restore our mental health. When the moment comes that a family member shows signs of mental illness, or needs treatment for drug abuse, or gets caught up in the kind of emotional strains where counseling could be of real help, then we want to be sure that mental health services are available!

But will they be? It was this concern that occupied the attention of BHA members at their September 7 meeting.

The city and county of San Francisco has the responsibility for providing mental health services (including drug abuse treatment) for those who cannot afford the cost of private treatment—and that includes most of us who live in Bernal Heights! At present, Bernal Heights is part of the Bayview District, and the nearest service would be available at Silver Avenue and San Bruno.

Recently, we heard that the director of the Mission Mental Health Center had requested that three census tracts in Bernal Heights be transferred to the Mission district, which now extends only to the far side of Army Street across from Bernal Heights. Part of the reasoning was that Bernal Heights, and particularly its Spanish-speaking residents, related more naturally to the Mission. The other reason was that Model Cities had requested these three census tracts be included, if they were to give a required "write-off" to enable the Mission Mental Health Center to receive a federal grant.

The three census tracts (Numbers 251, 252, 253) include all of the area from Army Street south to Cortland Avenue, and from Mission to Bayshore. It also includes a small piece of Bernal Heights south of Cortland, extending from Bronte to Bayshore.

Naturally, BHA wanted to find out just what was happening, and what it meant for people in the neighborhood. So, Dr. Paul Freeman, Director of Bayview Mental Health Center, and Dr. David Shupp, Director of Mission Mental Health Center, were invited and attended the September 7 meeting of BHA. Model Cities was also invited to send a representative, but despite a promise to have someone there, no Model Cities representative showed up. An invitation was also extended to Dr. J. Barry Decker, overall director of the city's mental health services. He could not attend, but asked to be informed of any views or conclusions reached by the BHA.

Boundary lines have no importance in and of themselves, so that the main concern of those present was what service would be available to people living in Bernal Heights. From the discussion, the following emerged:

Services are available from Mission Mental Health Center at a building located on Sixteenth Street, a half-block from Mission. There are Spanish-speaking staff members available.

Bayview Mental Health Center has outpatient services at 1525 Silver Avenue and day treatment on Onondaga. They are now planning for service and staff expansion, and are hoping to get space at 29th Street and Mission. There are plans to help solve the transportation problems of their district by acquiring a mini-bus. Acquiring Spanish-speaking staff still presents a problem, although this would be important to other areas besides Bernal Heights which are part of the Bayview District.

Residents of both Bayview and Mission districts who require 24-hour hospital care would go to San Francisco General Hospital.

After the meeting, BHA, speaking only for its own members, agreed on the following approach:

It is not in the best interest of our neighborhood to be split in half. All of Bernal Heights should be served either out of the Bayview district, as it is now, or it should all be transferred to the Mission district.

Right now, we are getting little useful service from Bayview, because of the location of these services. If Bernal Heights remains part of Bayview, then BHA would urge opening of an office at 29th and Mission; availability of bilingual staff, especially to serve Spanish-speaking and Filipino members of the community; and availability of transportation service for those who might need it.

If any part of Bernal Heights is to be transferred to the Mission district, then all of it should be transferred. In that event, it is important that the Mission Mental Health Center people work with the neighborhood to help design a program of individualized service that recognizes our varied character as a neighborhood, and our many ethnic and racial groups. Hopefully, too, services would be geographically more accessible to those on the south slope of the Hill and to those south of Cortland.

How does your group feel about the mental health issue? If you wish to find out more, or want to voice your opinion, let BHA know, or make direct contact with either or both of the following:

Paul Freeman, M.D., Director, Bayview Mental Health Center  
1525 Silver Avenue  
468-0456

David F. Shupp, M.D., Director, Mission Mental Health Center  
995 Potrero Avenue  
648-8200, Ext. 461

# "Waiting For Someone To Get Killed"

We, my wife, sons, and I, were returning late from a family dinner. It was a little after midnight, we had wanted to sing happy birthday to our niece who was just turning twelve. We had passed the intersection of Cortland and Mission, headed towards Army Street, when we noticed a number of blaring red lights coming from the opposite direction. Two police cars passed us and swung sharply east on Cortland, followed by a third car coming from the other direction.

Concerned and curious we decided to circle the block. We had spent some time the preceding week in the brand new offices of the Cortland Avenue Progressives; we wondered what was happening in their neighborhood.

We passed the dark Progressive office; all seemed well. There was a great commotion, however, further up the street on the Moultrie side of the library. A large crowd was gathered and in the glare of the many red lights we could see familiar faces. At many street-crossings were parked police cars, forming, I imagined, road blocks of a sort. We could hear loud, angry voices coming from the crowd and a man was talking excitedly to a police officer.

"You're arresting him on a 'say-so,'" someone yelled. Two young men were spread out against a police car.

The mood of the crowd grew angrier and the police moved accordingly. They loaded one person in a car and started leaving the streets. Soon there were only neighborhood people talking hotly among themselves. Della and I walked over to two women we knew (Mrs. Lewis and Mrs. Roya, mothers of Progressives) and asked them what was going on.

Bitterly our friends told us what had happened. The gym, behind the library, was being used for a fund-raising event sponsored by the Progressives. There had been live music, raffles and a dance contest. A good time was being had by all. Order was maintained by the Progressives themselves. Paul Hopkins had just won the dance contest. Suddenly, Mrs. Lewis told us, there was a commotion out in front of the library. A car was burning, a car owned by a private 'security guard' who worked for some local merchants.

## Tension Builds

We were told quickly that the 'guard' had a history of being overly aggressive in his dealings with the young people who spend much of their time on the streets he was commissioned to watch. He apparently did not like the young people congregating in front of the buildings; he made it his business to keep them moving. Feelings ran high between the street youth and the 'guard', the 'guard' threatening often, at times with a drawn weapon. There is talk that he has fired his gun, in anger, on three occasions.

## No Bail

When David Wallace emerged, we were told that bail (\$250) could be made at the Hall of Justice. It was nearly 2:30 AM. We

were parked in a dark gas station across the street from the Hall of Justice while Mrs. Roya made calls to bondsmen. After nearly an hour of calls and waiting, we were informed that due to the nature of the charge (Felony Arson) bail would have to be set by a judge. Of course there were no judges available at that early hour of the day.

We speculated angrily why we had been told that bail was possible. Certainly the Sergeant at Mission Station knew this would happen. We felt as if we had been deliberately misled. We went home realizing that there was nothing more we could do until morning. We did not feel easy about leaving Paul in jail. It was 3:30 in the morning.

mined that Paul could be released under O.R. (Own Recognizance) Provision which meant that he didn't have to post bond. We took the elevator down to the O.R. room.

## Some interest and compassion

It is hard to believe that such a room can exist in the heart of the Hall of Justice! It is so contrary to the mood around the rest of the building. The people who handle O.R. appear to be interested, compassionate individuals. Business was handled quickly, but with purpose and I had the feeling that the hussle here was in our interest. "Gotta get these forms to the judge," a young blonde-haired man told us as he hurried from the office, "it's almost quitting time and they'll all be gone."

The 'guard' proceeded to arrest Paul.

This was the point at which we arrived. After talking briefly with Mrs. Roya and Mrs. Lewis, there was little we could do so we went home. At home we talked indignantly about what appeared to be a grossly unfair arrest. We, with Mark and Sally Green (other Progressive's friends) ended up going back to the Progressives office to see what could be done.

The Progressives were already hard at work. By this time it was 1:30 in the morning. After a number of tries we managed to get in touch with Deputy Chief of Police William Keays and, considering the late hour, he was eager to help.

Meanwhile concern centered around getting Paul out of jail. Twenty of us drove in caravan to Mission Station where he was taken to be booked.

As he promised, the Deputy Chief had made a telephone call and the Station Sergeant agreed to speak with one of the group. David Wallace went into the inner office. There was some badgering that took place between the young men in our party and the coming and going police officers. One officer, who had a little smiling, yellow happy face pasted to the grip of his revolver, was particularly pushy. He strolled out of the locked inner room, his thumbs in his gun belt, and walked up to Michael Thomas. "You're not here to start trouble are you? He said looking out from under his hat.

Michael was quiet, looking honestly puzzled at the young cop. "I don't understand why that had to be said," he replied.

The cop looked at him for another second and turned and went back into the locked inner room.

We watched as a young policeman re-enacted, behind a heavy Plexiglass window, a difficult arrest that he had just made. For the benefit of the other officers, he showed how he had slugged, gouged and twisted the resisting arrestee. All behind the plexiglass window seemed pleased with the methods that had been employed.

Captain Keays was back from his previous business and, when his secretary told him we were there, he opened his door and invited us in.

The Deputy Chief sat quietly and listened to our side of the arrest episode. He had read the police report and conceded that there had been some judgmental errors involved in the handling of the situation. It was at this time we were given confirmation regarding the 'security guard's' right to engage in the business he was about. The Deputy Chief said the City's control by charter over such enterprises is weak. He also mentioned that he and his Department have been pushing for tighter restrictions in that area.

We were assured that the 'security guard's' status would be thoroughly looked into and if something wasn't right action would be taken. About Paul Hopkins, we were told that every influence of



**Paul Hopkins (hat on) celebrates after release with friends.**

David Wallace arranged a meeting with Deputy Chief Keays for the following morning. Before leaving Cortland Ave., Della and I decided we would take care of some business across the street at the Bank of America.

As we entered the bank I noticed a police officer talking to one of the bank officials. He spoke loudly not caring who heard the conversation. "He's been pushing people around again," the policeman was saying. I did not hear what the bank man said. "I'm going to throw him in the radio-car one of these days," the officer went on, "and run him downtown. He doesn't have any kind of license. He made that tin badge himself." The policeman was agitated. I realized he was talking about the 'security guard' so I moved a little closer. The officer continued, "He got some kind of a business grant from the Government, \$68,000, but he doesn't have a license." The officer moved toward the door and said something else that I could not hear, waved good-by and left.

Later when we arrived at the Chief's office, Captain Keays did not keep the appointment that David Wallace had made. We decided to wait til the end of the day when Captain Keays would return to his office.

In the meantime the Progressives pressed for bail action. After considerable searching, the arrest record was located. It was deter-

mined that Paul could be released under O.R. (Own Recognizance) Provision which meant that he didn't have to post bond. We took the elevator down to the O.R. room.

## An Arrest

The fire was extinguished and the armada of police vehicles began to arrive. The angry 'guard' had seized on Paul Hopkins as the man seen leaving the burning car. The description fitted Paul (and fifth other young men) quite well.

That night a young man came to see someone at the party. Rather than go inside, he waited across the street in the doorway of one of the businesses watched by the 'guard'. The 'guard' told the young man to move and the man questioned the 'guard's' right to issue such orders. Words led to more words and the scene ended with the familiar gun being drawn as a back-up to the order. The young man wisely chose to move on. It was shortly after this encounter that the 'patrol car' was observed to be burning.

The Progressives, knowing that suspicion would be directed at them, cooled things out. Paul Hopkins (who had just won the dance contest) was one of those who helped.

The Chief's Office would be leveled to favor Paul. David Wallace thanked Captain Keays for his help.

Back at The Progressives' Office the tension of the many hours broke and every one started joking. David Wallace bent Mrs. Lewis over backwards in a position of mock-passion, threatening her with a big kiss. Mrs. Roya said she was going to go get a big steak and fix it; she hadn't eaten since the arrest

business started. We left the Progressives' Office in positive moods, tired from the events past, but easy tired. We had gotten Paul out of jail and had made a positive venture into the Police system. We felt we had found an attentive ear in the Deputy Chief and that our coming together in common interest had resulted in a voice that was heard.

We also felt from what the Deputy Chief said that something

would be done by the police about the "security guard." But this appears not to be so.

An early report, some five days after the incident—that the 'guard' was out of business proved to be false. The week of Sept. 18th, I received a call from a Progressive. The 'Security Guard' was back in the neighborhood chasing one of the young people with a gun. I arrived in time to see a policeman

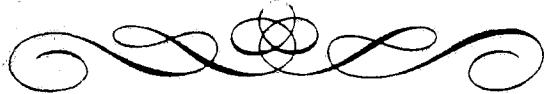
talking the man into going home. The 'guard' was angry and shouting, but he did go home—that time.

I saw Mrs. Lewis and asked her: "What's going on? I thought this was taken care of! What are the police waiting for?" She looked tired and discouraged. "They're waiting for someone to get killed, I guess."

Richard Hall  
Mullen Ave.

9

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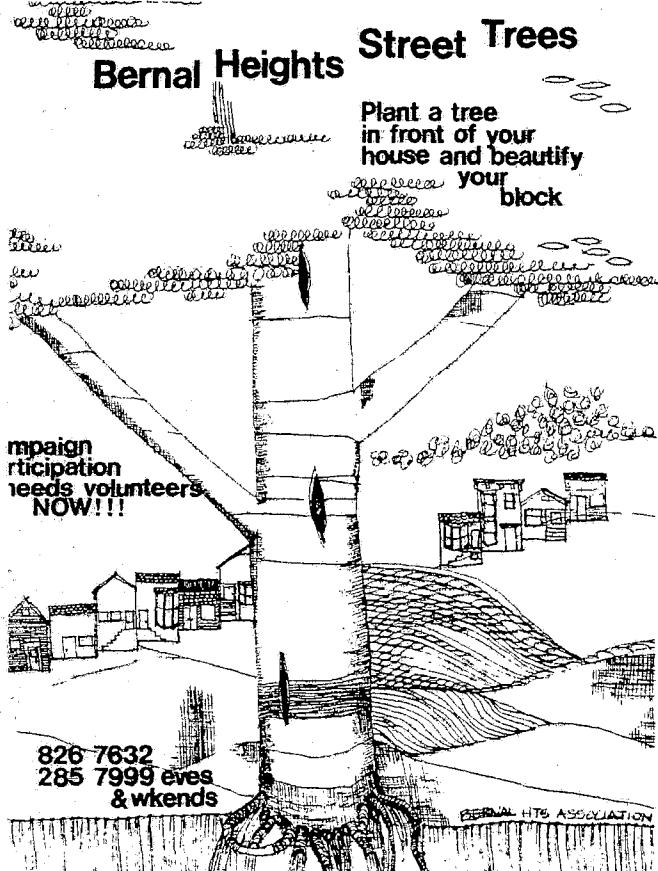
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## How Bernal Heights Fund Will Work

1. A group will form on Bernal Heights to work on a particular problem. They will decide on a program they want to do.

*Ecologie Bernal (EB) is a coalition of Hill conservationists. They have decided to promote a field trip program for children to study the ecology. (the plants, animals, and people) on Bernal Hill.*

2. The group asks advice of the FUND.

*EB comes to the FUND and asks who might give the money for such a program (or the groups*

*finds its own sources).*

3. The group makes application to a Foundation: the Foundation decides to fund the program using the BERNAL HEIGHTS FUND as the fiscal agent.

*EB applies to Ecology Internationale (EI) for money to do the program. EI funds through the BHF. Expenses required by EI, for BHF such as auditing, are included in the budget for the grant.*

4. BHF accepts the grant in the name of the BH group. A separate account is opened for that program; and the FUND pays out money according to the agreement between the grantee and the grantor.

*BHF accepts the money for EB: opens an EB account, pays out money according to the agreed budget. The FUND makes no charge for this service. Ecologie Bernal hires its own staff and operates its own program. EB pays an auditor to do the auditing required by EI or BHF.*

### Making Changes

5. The BH group wants to change their program in midstream. The group must go back to the granting foundation for approval of this change—since BHF cannot disperse money from the group's account in a way different from the original agreement.

*EB decides to scrap one of its field trips in favor of a round of*

*ice cream sundaes for all participants. Getting a request for money for this use, the FUND asks if this change has been OKed by Ecology Internationale. It hadn't been, so the FUND cannot release the money for this use.*

6. The group decides to make a program change which is approved by the grantor.

*EB decided to substitute one field trip for another, a change approved by EI, so BHF can release the money for this expense.*

7. The program is completed, funds dispersed. BHF prepares required reports.



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## June Extension Expected For West BH

41% of FACE Area Properties Brought To Code So Far

On March 7th of next year the City's contract with the Department of Housing and Urban Development (HUD) will terminate, thus ending the FACE program in West Bernal Heights. It is expected that HUD will agree to an extension to June without having to secure additional federal dollars.

Will the project be completed by then? Not very likely. Although Bernal Heights leads the other FACE areas in percentage of properties brought up to code, it is still less than half done. One hundred percent code "compliance," while desirable, is virtually impossible to achieve, especially in a short 3-4 year period.

### LOAN MONEY WITHHELD

The Nixon Administration has strangled FACE nationwide by withholding \$50 million already appropriated in 1971 by Congress for 3%, 20 year rehabilitation loans to homeowners. Despite enormous defense and aero-space budgets, and massive unemployment in central cities across the country, Nixon's office has held up this money for homeowners as an "anti-inflationary" move.

The loans are the key to the success of FACE. So far 86 have been made, totaling \$1,209,200 here, and \$5½ million City-wide. Right now there's a backlog of 38 approved loan applications totaling \$500,000 in Bernal Heights and another 121 Bernal owners have indicated they want loans to finance their property rehabilitation. City-wide there's a backlog of \$2 million, in approved applications, and City Hall experts forecast that \$8.8 million will be needed to meet the demand for loans to complete the current FACE areas.

What are the City's chances for getting enough loan money? HUD keeps saying the \$50 million will be released "any day now," and with the elections approaching, the closer to November, the bet-

ter for Mr. Nixon (even though it should have been released back in July). Of the \$50 million, this region will get \$5 million and San Francisco perhaps \$3½ million, although HUD officials caution that it will be doled out on a "first come, first served" basis.

How can San Francisco hope to get another \$5 million in loan funds to finish the program? If the administration changes its priorities, it can release the additional \$100 million appropriated by Congress this year.

### HARDSHIP MORATORIUMS AND GRANTS

Another reason 100% code compliance isn't possible is that FACE recognizes and allows for genuine hardship situations. In West Bernal Heights 39 owners have been granted lifetime moratoriums; that is, as long as they live on the premises they won't be forced to do the required code work (except for very serious hazards). If they die, sell or move away, the buildings must be brought up to code. Most of these cases are old people on limited incomes or persons with physical handicaps.

There are another 51 owners with conditional moratoriums. In a typical case code compliance will be postponed for a period of about 2 years, by which time the owner should be in a better position to do the compliance work.

Rehabilitation grants up to \$3,500 can help out many owners, but they aren't available unless the building is brought up to code throughout. Some owners need over \$3,500 worth of work, and can't afford to pay off a loan, hence the need for moratoriums.

Many West Bernal owners have gotten grants or grants-plus-loans to finance the code work. So far 47 grants totaling \$152,000 have been made. Of these, 30 were combined with loans.

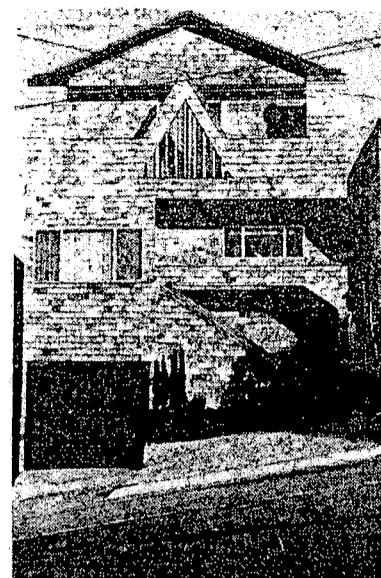
### REMAINING WORK

Of the 665 properties in West Bernal Heights 276 (41%) have been completed, 81 (12%) are currently doing their code work, 90 (13%) have moratoria and 755 (23%) have either applied for loans or said they intend to. This accounts for 602 properties, 90 of the total.

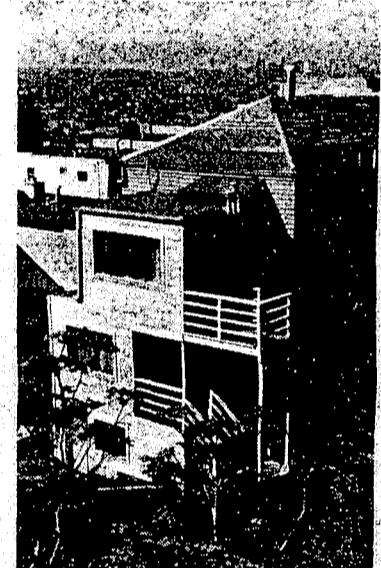
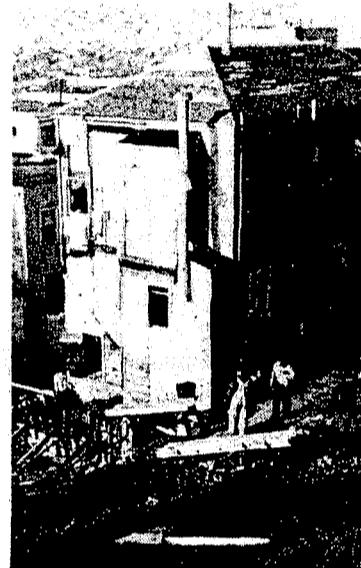
What will happen to the rest? All properties have been inspected and all will ultimately have to comply with the housing code. Several have already been referred to the

City Attorney's office for legal action. Uncooperative owners may not only miss the opportunity for FACE assistance, they may have the costs and inconvenience of a court battle to bear as well. That is a high price to pay for stubbornness or indecision!

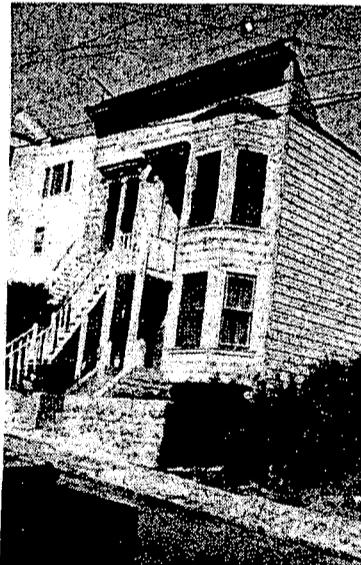
Property owners lucky enough to have FACE available should take advantage of it as best they can, and as quickly as practical. Although FACE could be extended for yet another year, this is highly unlikely because the program is so sought after elsewhere.



Exterior remodeling is uncommon in FACE. The few scattered cases are "testaments of faith" which boost neighborhood pride.



New porches and stairs and a coat of paint are often the only exterior signs of code compliance. In the case above, kitchens were expanded in the process.



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# A Primer for Gardening in Bernal Heights

Being that we are in the midst of a first attempt at a home garden we are now ready to speak authoritatively on what it takes to grow your own carrots, lettuce and similar vegetables in Bernal Heights. Our back yard is tiny and comes in three tiers. The second tier is about ten by twenty feet and in this rather modest space we now have growing a squash, green onions, parsley, carrots, swiss chard, and even a lonely rhubarb plant. In spite of the fog, neighborhood cats, stray dogs and a small army of night-marauding snails, and lately—even ants, the garden grows. Truly amazing.

## The Champion: Radishes

Radishes are the champion crop. They probably could grow between the cracks in the sidewalk if you watered them occasionally. Radishes have one problem that is true of other vegetables like

carrots and onions. They all mature at once and you're stuck with a lot of surplus radishes on your hands. They're not very good for breakfasts and even the neighbors won't take them after awhile. Next year we will try planting them in stages and see if that works.

### Thin

### the Carrots!!!

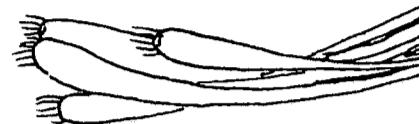


The big lesson with the carrots is having enough fortitude to thin them out the way the directions say. It's hard. After waiting three weeks to see the sprouts it's hard to start pulling them out. Over-crowded carrots have a bag trip. We've ended up with spiral carrots and crotans as a result. So next year we'll try some thinning.

Red leaf lettuce is like the fountain of youth. It never grows old if you keep cutting off the outside leaves. I even cut off some lettuce clean and it grew back. Unless you want to keep all the neighbors in tossed green salad

for the summer, you only have to plant a few heads of lettuce. Next year we might try different types and see what that does.

A little parsley goes a long way. Like lettuce it has miraculous regenerative powers. It seems the more you cut it, the more you have. Like radishes, it's not exactly versatile. Maybe it's time to invent a gourmet delicacy: pickled radishes with parsley.



### Green Onions are Slow

Green onions are slow to get going, but a tasty addition to salads and eggs. We grew them from seed tapes with great success.

Squash has a real turf problem. Ours is taking over the garden spreading enormous leaves over its neighbors, and so far turning out

some mighty small gourds for all the show. (This is yellow squash)

I hear very good things about zucchini. A friend from Berkeley showed up with one fully a foot long. It may be just a matter of time, but meanwhile those big leaves are covering everything.

## Prepare the Soil

All the garden books advocate extensive soil preparation. We used manure, and compost turned into the soil before planting; but, we did not get the garden quite level enough which made watering somewhat uneven! Still, we can change that next year. Meanwhile, because of our efforts (or maybe in spite of our mistakes,) the garden grows!!!!



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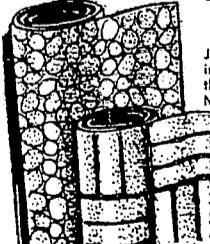
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39

### 12x12 Rugs

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from which

to choose.

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Daily 8 to 5:30

Sat. 8-5; Mon. 8-9

470 BAYSHORE BLVD. San Francisco 824-4056

# Irate Shopper Blasts Long Lines At Mission & 29<sup>th</sup> Safeway

13

Store VP Poo-poohs Possibility Of Discrimination Against Neighborhood

How I hate standing in line! But that's what I have to do most of the time when I decide to shop at our SAFEWAY on 29th and Mission. The store is less than three blocks from my house—it is convenient. But I keep wondering why You and I who shop there are continually subjected to such lengthy delays.

Is it because we live in Bernal Heights, Glen Park, and the Mission instead of Diamond Heights, Pacific Heights or the Marina? Maybe they figure because our hourly rates are lower that we can afford to spend more time in the lines. I proposed this idea to a Vice President In-charge-of-Public Relations for Safeway, San Francisco over a year ago. At the same time, I discussed another rumor I'd heard—that our store is used as a training store for a lot of other Safeways. This VP pooh-poohed both these ideas, and promised to carry my complaint of poor service to the local manager.

For a short time, service seemed to improve, and it seemed to me that I didn't see new checkers so often. But then, it was back to the old pattern. Two weeks ago, I saw several long lines (typical); one even stretched all the way from the front of the store to the back! The 20th person in line emerged from the store a *half-hour later!* Meanwhile, no other lines were opened, no bag boy emerged to help (in fact, I've never seen a bag boy as such in there!)

The problem has even come up at more than one meeting of the Bernal Heights Association. One man vowed *never* to shop there—he gets his meat at the Pioneer Market dry goods at 30th and Mission Market, and fresh fruits and vegetables at the Farmers Market at the foot of Bernal Hill. Another man goes once a week to the Marina Safeway. A woman told me she and her husband always drive the five minutes further to get to the Diamond Hts. Safeway, where, because they never have to wait to check out there, they actually save time! These may be the only real alternatives.

## Still mad

But I am still mad—for me and everyone around here who continually has this frustrating time waste wait at our store. The faces in the lines seem to say "it's always been like this; we've ALWAYS had to wait." Maybe that's true—at our Safeway! But I moved to Bernal Heights from Sausalito, and I used to shop regularly at the Marina Safeway. I never waited there! I've never waited at Market St. or Diamond Heights either. Our problem seems obvious—MANAGEMENT. At our store, management does not hire or does not schedule enough help to get us through the lines quickly.

Howcum? Our Safeway is number three in this City in sales volume; so it cannot be that there is not enough money going through the store to support adequate help. No bag boys? Management once told me there are no youth around here who want to do that job! I laughed, thinking of all our unemployed youth!

I heard an interesting explanation from a clerk the other day—that a Manager's salary is very little higher than that of a clerk; they make their money in the form of bonuses based on the amount of salary money they save each year, vs. sales volume. Well, Mr. Manager, if this is true; you must make a lot at the expense of OUR TIME.

Anyway, I no longer want an explanation. How about some improved service on a regular basis?? We deserve much better!!!

## what to do

Help management see the light:

1. Complain every time you have to wait in line longer than three minutes. Stop by the Manager's office and tell him you don't like waiting.

2. If the lines are so long you can see you are going to have to wait a long time, leave your full cart behind. Pick up the necessities at the nearby markets.

3. Shop less at the/our Safeway. Tell the Manager you are going elsewhere whenever you can. (For example to get to the Diamond Heights Safeway go west on 29th St. 'til it deadends near the top of the hill. Turn left, one block to Diamond Heights Blvd. Turn right, go three blocks and you're there!)

4. Write: Safeway Inc.  
Administrative Office  
4th and Jackson  
Oakland, California

by Vera Disgruntla

PS

As we were going to press, I asked a new guy at the Liquor check out counter Howcum he was checking. He said "It isn't my idea — as of September 25th we have a new manager!! THEY HAVE A NEW MANAGER???? Well???? And what does this portend? I will wait — as will we all; for actions speak so much louder than words.



SICCUM

## CENTER OF CHANGE

Centro de Cambio is a community controlled drug abuse program located at 3007-24th st. This free program offers individual, group and family counseling, medical evaluation and referral service, crisis intervention and community drug education classes.

The Centro is run by brothers and sisters who live in and around the Mission. Their philosophy as stated in their literature is: "We believe that drug abuse is a symptom of disease in our society. We believe that by working with the Third World people whose lives

## CENTRO DE CAMBIO

are most directly affected by drug abuse, we can help individuals take collective responsibility for combatting both the disease and the symptom. We have resolved to attack the conditions which lead to the loss of so much human potential through drug abuse. We also work to change the institutions which so deeply affect daily life in our community."

Anyone interested in help or working in the center should call: 285-8868. The hours the center is open are: Monday-Thursday 10am-9pm, Friday 10am-2am, Saturday 8pm-2am.

## \$90,000 Muni Study Underway; Gives Bernal Residents Chance To Have Say

Do you depend on Bus service to get you to work or shopping or a doctor's appointment? If you are worried about what's going to happen to Muni when BART comes, or you are one who'd like to get better bus service on Bernal Heights, this has been your year—and there is still a future in it for you!

Bernal Heights discussion of transportation issues began at the February meeting of the Bernal Heights Association when Jim White, of the City Planning Department came out to discuss proposals in the City's Transportation Plan with residents. Like the Plan for Residence, updated the year before, many of the proposals involved Bernal Heights.

The most serious issue was a rerouting of the No. 10 line from Cortland to Crescent to achieve faster crosstown service. As a result of our suggestions, this rerouting was not proposed; another idea was added—that the top of the

hill's Bernal Heights Boulevard be designated as a Scenic Drive—so the lands up there would be better protected as open space and so that they would be eligible for certain improvements. It was done!!! Now both these things are part of the City's newly adopted Transportation Plan.

And here's the action now!! A study is underway of Muni in the Mission Corridor—partly in relation to BART and partly just to improve service, routes, maybe even propose a different kind of transportation for us—like minibuses. Some consultants are being paid \$90,000 to do this—so there is no lack of staff to investigate and carry forward our ideas (unlike usual!). If you are interested in getting involved in this planning effort, call 826-6552. This has got to be OPPORTUNITY knocking to get our two cents worth for this Hill. Let's design an onni-bus for Bernal Heights!

## Bernal Residents Urged To Recycle Bottles & Cans

### NEW RECYCLING CENTER

The Mission High School Ecology Club is operating a recycling center at the high school.

Open the second Saturday of every month, the Center accepts the following items for recycling:

- bottles with neck rings removed
- tin cans with labels removed and flattened
- aluminum cans flattened

Bernal Heights residents are urged to bring these recyclable items to the Center any time before noon.

Plate glass, newspapers and bimetal cans cannot be accepted. Please don't bring them for recycling.

The schedule for the coming months is: Oct. 14, Nov. 11 and Dec. 9.



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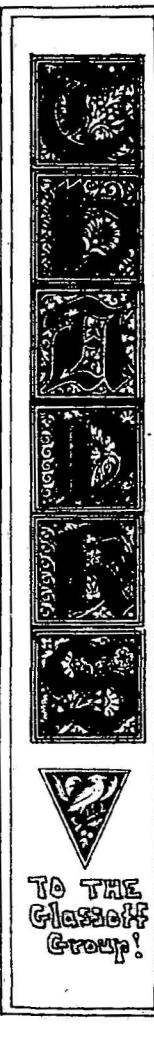
**VOTE YES ON PROPOSITION 20.**

For three years coastal protection legislation has been introduced in the State Legislature. The Coastal Zone Conservation Act was passed by the Assembly 56-16 in 1971. In 1972 it passed with 60 votes. But each year the bill was pigeon-holed in the Senate Natural Resources Committee by votes of 4-4 and 4-5 respectively. Thus this is the third consecutive year that a small handful of Senators have blocked the public will. This is why people all over California worked so hard and collected 455,000 signatures to put this initiative on the November 7 ballot. This initiative is scheduled as

**Proposition 20.**

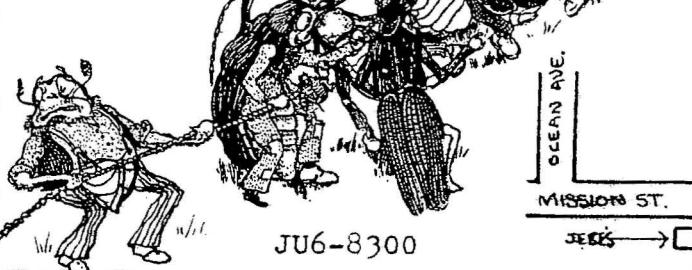
Briefly, Proposition 20 would create the California Coastal Zone Conservation Commission and six regional commissions to prepare a comprehensive plan for the orderly, long-range conservation and management of the coastal zone. During the three-year period the plan is being prepared no development may take place in a specified portion of the coastal zone without a permit from the appropriate regional commission.

Vote YES on Proposition 20.  
"Save our coast" from haphazard development and destruction.



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by Malvina Reynolds



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Cassandra Records.

Now her latest and newest songs are available  
on a new 12" LP entitled "Malvina" on the  
Cassandra label.

"Malvina" is available at two convenient locations: in San Francisco at Tower Records,  
in Berkeley at Schroder Music Company,  
2127 Parker St.

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**Congressman Phillip Burton**

**Representing  
Bernal Heights  
& San Francisco**



**Assemblyman John L. Burton**

# BERNAL GUIDE

15

**CENTRO DE SALUD No. 3**  
1525 Silver Ave. cerca de San Bruno. Para problemas de salud: vacunas, examinaciones de Cancer para mujer — planamiento de familia, programa de Drogas ect. Telefono: 469-3664. Si ud tiene problemas de restaurantes sucios ventas de comida y lavanderias, (Laundromats) ratas, basura, sirvase llamar al Inspector de salud. Telefono: 334-9911.

**CLINICA PARA LA SALUD DE EL VECINDARIO DE LA MISSION**  
240 Shotwell St. Phone: 552-3870. Sirve al distrito de la Mission incluyendo Bernal Heights. Para Calificar debe tener un ingreso de 4,000 familia de 4. Toda la ayuda de Cuido de salud esta compuesto en grupos de Doctor, Enfermeras, de servicio publico, trabajadora social & Dentista, referiendo casos especiales a specialistas: Interpretes en Spanol, Tagalog etc. Da-entrenamientos a los residentes de el barrio a hacer ayudante de enfermeria este es un programa de el City College. Se provee cuido de ninos, mientras los padres ven al doctor. Programa de rehabilitacion Alcholica-sinior grup clases-english-etc. Planamietos de familia-clase de higiene Dental.

**CENTRO DE SALUD—22ND**  
Segundo Piso. Para ayuda general medica, pogo-bajo o gratis abierto lunes, jueves de 6:30 pm.

**LIBRERIA**  
La sucursul de la Libreria de Bernal No 500 Cortland Ave. Telefono: 558-4992 Horas, Lunes y miercoles desde 1 P.M. a 8 P.M. Jueves y Viernes de la 1 P.M. a 5 P.M. Libros magazines en English y Espanol para adultos y ninos. Spacio para exhibiciones Boletin para Anunciar, lugar para hacer reuniones en el zotano son otorgados con permiso previos de la libreria.

**F.A.C.E.**  
Asistencia Federal para rehabilitar casas cuyos propietarios tienen bajos ingresos para mas informacion llame al telefono: 558-2456.

Atencion padres de familia residentes en el distrito de Bernal Heights!

Hay una nueva cooperativa pre-escolar que se abrira en Octubre, en el Centro de Precita, localizado en 534 Precita Ave. Cualquier persona interesada puede llamar a Joan al telefono: 661-2704, o a Helen al telefono—468-0321.

La escuela fue formada por algunos padres de familia, quienes llevaron a sus hijos a las clases de observacion que se llevaron a cabo en la libreria de Bernal Heights. Se reunieron porque la ciudad y estado no proveyo la cantidad de centros de cuidado necesitados por los padres de familia de San Francisco. Con el apoyo de la comunidad y la participacion de padres de familia, el grupo espera, que los padres aprenderan como solucionar sus propias necesidades, y tener un mejor control en la

## CONEXIONES

3189—16th St. y Guerrero St. Telefono: 863-1604. Est es una organizacion que provee transpacion gratis familiares y amigos de prisioneros de varias priociones locales y alrededor de la Bahia. Informacion y literature se puede obtener en sus oficinas.

## PARA ADULTOS

### CLASES DE INGLES

En la Iglesia de San Kevins, por las mananas: Lunes y Jueves, de 8:45 a 11:15. Profesora Sra. Pat Hilton. Las clases se imparten en el salon parroquial; entre por la calle Ellsworth. Por las tardes: Lunes a Miercoles, de 6:30 a 9:00. Profesor Frank Carrozzi. Las clases se imparten en el salon de la rectoria; entre por la calle Anderson, cerca de la calle Cortland. Centro familiar de Mission, por favor llame al telefono—824-4236.

### ESCUELA PARA ADULTOS DE MISSION

3750 - 18th Street. Telefono—431-4899. (Clases nocturnas)

### CLASES NOCTURNAS

Escuela elemental y superior, cursos comerciales, artes y oficios, Ingles, Espanol etc. Para informes llame por telefono.

### MISSION AREA FEDERAL CREDIT UNION

2571 Mission St.

Telefono: 648-2329

\$1.00 por miembro

\$5.00 por 1 accion.

Cuando Mission Area Federal Credit Union sea grande, lo que to ahorras en pago da intereses sera grande, inscribase y cresea ud y los tuyos con Ella.

### —PARA NINOS ESCOLARES—

### PRECITA CENTER

534 Precita (Mission Neighborhood Centers) Telefono—824-0552, Programa para horas despues de la escuela, ninos y ninas de 6 a 12 años.

### SCOUTING

Boy y Cub Scouts llame al telefono—647-9509. Girl Scouts y Brownies llame al telefono—467-3330.

## COOPERATIVA DE GUARDERIA

educacion de sus hijos.

Hay un maestro con credencial en la escuela, y a los padres de familia se les exige asistir.

El horario de clases es: de 9:30 a.m. a 12:30 p.m. para ninos de 3 a 5½, se podran matricular para 3 o 5 mananas a la semana. Cada manana asisten de 24 ninos o mas, quienes participaran en actividades ya planeadas, en el gimnasio o patio del Centro.

Las personas que dirigen la escuela les gustaria preguntar a los vecinos de el barrio, que donen cualquiera de estas cosas: Juguetes usados, Libros de ninos, Madera sin usar, Cantinas irrompibles, Pedasos de tela, Lana, Ropa usada, Cartulina o Cajas de madera, Muebles para ninos, Gavetas, Aparadores para toallas de papel y Tarjetas viejas de saludos.

## BERNAL HEIGHTS PRE-SCHOOL

Programa que se lleva a cabo en 534 Precita. Este programa se realiza con la participacion de los padres, para ninos de 2½ a 5 años, de 9:30 a.m. a 12:30 p.m.

Maestra registrada con la asistencia de los padres de familia. El total es escoger de 3 a 5 mananas por semana. Para informe por favor llame a Joan al telefono—661-2704 o a Helen. Telefono—468-0321.

## PARA NINOS PREESCOLORES

### CLASES DE OBSERVACION

### PARA NINOS

En el sot no de la libreria de Bernal 500 Cortland Ave. Un padre se hace responsable de atender uno o dos dias por semana. Desde 9:A.M. a 11:30 A.M. inscriba a su nino. Edad 2½ años minimum por mas informacion llame al Telefone: 665-4330.

### CUIDADO DE NINOS

Escuela Le Conte. Para ninos de familias de ingresos bajos y cuyas madres trabajan.

### DROP-IN RECREATION

Patio y Centro de Recreacion de Bernal Heights situado entre las calles Jarboe y Moultrie, permanece abierto de Lunes a Viernes de 7 p.m. a 10 p.m., Sabados todo el dia, para mas informes por favor visite el Centro ofrece clases de artes y oficios, levantamiento de pesas, basketball etc.

### EDUCATION PARA PADRES EN EL CENTRO DE PARBULOS

Matriculas estan abiertas simea dias a la semana para ninos que estan certificados por el departamento de servicio social (A.F.D.C.). Programa gratis para 15 ninos de edad hasta el grado infantel (Kindergarten) 9: A.M. hasta 12: P.M. Su maestra es la señora Vivian Broadus de San Francisco de el servicio social patrocinado pre el "Colegio de la comunidad (Community College District).

## DE NINOS DE BERNAL HEIGHTS

Las donaciones son deducibles de los impuestos, y gustosamente cualquier padre de familia recogeran esas contribuciones llamando al telefono: 826-3791.

### CENTRO DE CAMBIO

Centro de Cambio es un programa controlado por la comunidad contra el abuso de las drogas. Esta localizado en 3007 - 24th Street. Sin ningun costo este programa ofrece consejos a grupos de personas y a familias, evaluacion medica y servicio de referencias, intervencion durante situacion critica y clases a la comunidad sobre el problema de las drogas.

El Centro es manejado por hermanos y hermanas que viven cerca de Mission. A como establecen en los panfletos su filosofia es "Creamos que el abuso de las drogas en

## ALLEMANY PRESCHOOL

En el 956 de la calle Ellsworth se encuentra las clases de parbulos de edades 3 or 4 años. Para familias de ingresos bajos solamente. Bajo la direccion—de Community College District.

### TINY TOTS

Una Manana a la Semana Miercoles y Viernes de 9:45 A.M. en el Centro de recreation de Bernal con direccion en el parque do "Saint Mary" Telefone: 558-4952.

### HEADSTART

Preparacion pre-escolar, de 3 años a Kindergarten, para ninos de familias de ingresos bajos, para eligibilidad llame al telefono—648-3267. Sra. Waterfield maestra de la Iglesia de San Kevins, calles Anderson y Cortland. Todod los dias de 9 a.m. a 1 p.m.

### MISSION FAMILY CENTER

3013 - 24th Street, Telefono—824-4236. Instruccion pre-escolar, con la participacion de padres de ingresos bajos. Clases por la mañana y por la tarde.

### POTRERO TERRACE PRE-SCHOOL

Programa de todo el dia para ninos de 2 años en adelante. Programa para madres que trabajan y madres en entrenamiento de trabajo, se les cobra poco. De 7 a.m. a 6 p.m., 1101 Connecticut, (en Potrero Hill) para informes y matricula llame a la Sra. Rollins al Telefone—824-0868. Lista de espera.

### CLINICA DE NINOS

300 Benington a Una cuadra de Cortland. Llame al Distrito de La Salud No 3 Para hacer una cita: Telefono: 468-3664. Examinaciones y vacunas de 5 años de edad-visita de enfermeras para infantes. Sirvase llamar a la clinica mas cerca que sus ninos que van a la escuela obtengan sus imunizaciones debidas.

(Traduccion al espanol, cortesia de E.O.C. 2571 Mission St. 648-1063 o, 1064)

un simtoma de enfermedad de nuestra sociedad." Creamos que trabajando con la gente del Tercer Mundo cuyas vidas estan mas directamente afectadas por el abuso de las drogas, podemos ayudar para que cada individuo tome responsabilidad colectiva para combatir el simtoma y la enfermedad. Hemos resuelto luchar contra las condiciones que llevan a la perdida de tanto potencial humano debido al abuso de las drogas. Tambien luchamos para cambiar las instituciones que tan profundamente afectan la vida diaria en nuestra comunidad.

Cualquiera que este interesado en ayudar o trabajar en el centro puede llamar al telefono: 285-8868. El Centro permanece abierto: Lunes y Jueves de 10 a.m. a 9 p.m., Viernes de 10 a.m. a 2 a.m. y Sabados de 8 p.m. a 2 a.m.

# BERNAL GUIDE

## DISTRICT HEALTH CENTER

No. 3  
1525 Silver Ave. near San Bruno. For personal health problems (immunizations, cancer screening for women, family planning, etc.), 469-3664.

— for environmental health problems (dirty restaurants, food stores and laundromats; rats, garbage) call District Health Inspector, 334-9911.

## MISSION NEIGHBORHOOD HEALTH CENTER

240 Shotwell—552-3870. Serves Mission Area residents (including Bernal Heights) with income below poverty level. All health care provided for family by teams of doctor, nurse, public health nurse, social worker and dentist, with referral to specialists. Interpreters for Spanish, Tagalog, etc. Trains neighborhood residents to be health aides through City College program. Child care during medical appointments.

## CENTRO DE SALUD

st. 285-3655 (above drug store on 22nd St./Folsom) for general medical needs. Low fee or free service. Open Mon.-Thurs. 6:30-10:30.

## LIBRARY

Bernal Branch, 500 Cortland—558-4992. Hours: M.-W—1 to 6pm; T—1 to 8pm; Th., F, Sat.—1 to 5pm. Books and magazines in English and Spanish for adults and children. Exhibit space bulletin board, basement meeting rooms, as available by permission of the librarian.

## FACE

3020 Mission St. 558-2456.

## —FOR ADULTS—

### ENGLISH CLASSES

St. Kevin's Church evenings on M, T, W from 6:30 to 9:30pm. Teacher, Mr. Frank Carrozz; mornings from 8:45am to 11:15 am. Mon. and Thursdays teacher, Mrs. Pat Hilton. Enter church on Anerson St., off Cortland, Rectory Hall in evenings, Parish Hall on Ellsworth in mornings.

Mission Family Center—call 824-4236 for information.

### MISSION ADULT SCHOOL

3750 18th St. 431-4899. Evening classes in elementary and high school subjects, business courses, arts and crafts, English language, Spanish language classes. Call for schedule.

### CONNECTIONS

3189 16th St. (at Guerrero) 863-1604, Mon.-Fri. An organization which provides free transportation for friends and families of prisoners to various prisons in and around the Bay Area. Literature and information available at their office.

### CHILD CARE (Kindergarten and up)

Le Conte School; after school program for children of low income families, working mothers. For information call 824-1462. Children need not live in Le Conte district.

### DROP-IN RECREATION

Bernal Heights Playground and Recreation Center, Jarboe Moultrie. Every afternoon after school, all day Sat. Mon-Fri. nights 7-10pm. For more information go to center. Offers Arts & Crafts, Weightlifting, basketball, etc.

## —FOR PRESCHOOLERS—

CHILD OBSERVATION CLASSES Bernal Library basement, 500 Cortland Ave. One parent and one child attend together, 1 or 2 days a week, 9am to 11:30 am. Enrollment now, children from 2½ to kindergarten. For more information call 665-4330.

### PARENT AND PRESCHOOL EDUCATION CENTER

Enrollment now, 5 days a week for children of families who are certified by Dept. of Social Services (AFDC). Free program for 15 children 3 yrs. to kindergarten, 9am to 12 noon. Teacher is Mrs. Vivian Broadus of S.F. Dept. of Social Services, sponsored by the Community College District.

### MISSION COOP NURSERY SCHOOL

Mon-Fri. 1292 Potrero Ave. Morning program. Teacher Mrs. Schwartzshield call her at 824-9445 for information.

### ALLEMANY PRESCHOOL

Alemany Housing Development, 956 Ellsworth, 647-6464. Mon-Fri., two sessions, 9am to 12 noon, 1 pm to 4 pm. For children 3 to 4 years. For low income families only. Under supervision of Community College District.

### TINY TOTS

One morning a week, Wed. or Fri. at 9:45am. Bernal Rec. Center, and St. Mary's Playground. Phone 558-4952 for details.

## HEADSTART

Preparation for public school for 3 yrs to kindergarten for low income families. For eligibility call 648-3267, Mrs. Waterfield teacher at St. Kevin's Church, Anderson off Cortland. Daily for 9am-1pm.

## MISSION FAMILY CENTER

3013 24th St., Tel: 824-4236. Pre-kindergarten with parent participation for low income families. Both morning and afternoon classes.

## POTRERO TERRACE PRE-SCHOOL

All day program for children 2 yrs and up. Program for working mothers or mothers being trained for a job. Low fee. Hours from 7am to 6pm. 1101 Connecticut St (on Potrero Hill) for information and enrollment call Mrs. Rollins at 824-0868. Waiting list.

## —FOR SCHOOL CHILDREN—

### PRECITA CENTER

524 Precita. (Mission Neighborhood Centers). 824-0552. After school program for boys and girls ages 6 to 12.

### BERNAL HEIGHTS PRE-SCHOOL CENTER

Program held at Precita Center, 534 Precita. A parent participation program for children from 2½ yrs to 5. Hours 9:30am to 12:30. Certified teacher with required assistance from parents. Total of 24 children every morning, choice of 3 or 5 morns. a week. For information please contact Joan at 661-2704, or Helen at 468-0321.

### SCOUTING

Boy and Cub Scouts on the hill call 647-9509. Girl Scouts and Brownies call 467-3330.



## How To Handle Your Frustrations

Chances are that because you're reading this paper you live in Bernal Heights. Chances are, too, as with any neighborhood, you've been frustrated about some apparent lack of concern on the part of the City or on the part of your neighbors.

There's something you can do.

You can make your concerns known and combine your efforts with those of others by joining the Bernal Heights Association. The association is involved in many areas related to making Bernal Heights a better place for all of us. If you have some ideas about projects you'd like to see started and areas you personally would like to be involved in, let the Association be your sounding board.

Dues are only \$2 for the calendar year, payable to "Treasurer, BHA, 500 Cortland Ave. Just send your name, address, phone number and dues and you'll automatically become a member and be contacted about meetings and activities.



LET YOUR VOICE BE HEARD.  
JOIN THE BERNAL HEIGHTS ASSOCIATION NOW.

For information about who we are and what we do, call Sandy Glassoff at 285-7233 or send your name and \$2 membership fee directly to Bill Grasse, Treasurer, BHA, 500 Cortland Ave.